

KEEP "IN FORM"

This really means keeping the digestion good, the liver active and the bowels free from constipation. You are then ready to "play the game" to win. For any disturbance in the digestive functions

HOSTETTER'S STOMACH BITTERS

has been proven very helpful. You should try it, but insist on getting HOSTETTER'S

SPECIAL TO WOMEN

The most economical, cleansing and germicidal of all antiseptics is

Paxtine

A soluble Antiseptic Powder to be dissolved in water as needed.

As a medicinal antiseptic for douches in treating catarrh, inflammation or ulceration of nose, throat, and that caused by feminine ills it has no equal. For ten years the Lydia E. Pinkham Medicine Co. has recommended Paxtine in their private correspondence with women, which proves its superiority. Women who have been cured say it is "worth its weight in gold." At drugists, 50c. large box, or by mail, The Paxton Toilet Co., Boston, Mass.

Soda Fountain

Soda Fountain: We have made up ready for prompt shipment 6, 8, 10, 12 and 20 ft. front system, pump service outfits, new and slightly used, at a big saving in price on easy monthly payments. The Grosman Co., Inc., Dallas, Tex.

AVOID SPREADING OF DISEASE

Precautions That Should Be Observed by Those Afflicted With Tuberculosis.

All persons who are intimately associated with cases of active pulmonary tuberculosis cannot be too cautious about the proper disposition of tubercular sputum. Such sputum should always be received in cups containing a five per cent solution of lysol or carbolic acid, or, in the absence of these, milk of lime. Paper cups, made especially for this purpose, may be used and subsequently burned. Soiled handkerchiefs and cloths should be immersed for one hour in lysol or carbolic acid (five per cent) and then boiled before they are handled. The patient should be provided with a set of dishes for his exclusive use, and these should be kept by themselves and boiled thoroughly after each meal. Remember that tuberculosis is a preventable disease, but that its control can be accomplished only by the strictest observance of sanitary precautions.

Seeing Is Believing.

Miss Brown—Do you think that Sally Collins believes in this "uplift" movement?

Miss Jones—From the way in which she mounts a street car I have no doubt of it.

HER MOTHER-IN-LAW Proved a Wise, Good Friend.

A young woman out in Ia. found a wise, good friend in her mother-in-law, jokes notwithstanding. She writes:

"I was greatly troubled with my stomach, complexion was blotchy and yellow. After meals I often suffered sharp pains and would have to lie down. My mother often told me it was the coffee I drank at meals. But when I'd quit coffee I'd have a severe headache."

"While visiting my mother-in-law I remarked that she always made such good coffee, and asked her to tell me how. She laughed and told me it was easy to make good 'coffee' when you use Postum."

"I began to use Postum as soon as I got home, and now we have the same good 'coffee' (Postum) every day, and I have no more trouble. Indigestion is a thing of the past, and my complexion has cleared up beautifully."

"My grandmother suffered a great deal with her stomach. Her doctor told her to leave off coffee. She then took tea but that was just as bad."

"She finally was induced to try Postum which she has used for over a year. She traveled during the winter over the greater part of Iowa, visiting, something she had not been able to do for years. She says she owes her present good health to Postum."

Na ne given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs.

Postum now comes in two forms: Regular Postum—must be well boiled. 15c and 25c packages.

Instant Postum—is a soluble powder. A teaspoonful dissolves quickly in a cup of hot water and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

The cost per cup of both kinds is about the same.

"There's a Reason" for Postum.

—sold by Grocers.

SOUTH SEA ISLANDS

Recall Adventures of Daniel Defoe's "Robinson Crusoe."

Cannibals and Pirates Have Gone, But Islands Are Still Rich in Romance as of Yore—Civilization Has Done Little There.

New York.—Almost every one who can remember his "Swiss Family Robinson," "Treasure Island" or "Robinson Crusoe" has some knowledge of the existence of innumerable little tropical islands in the South Pacific ocean. If he can recall his boyhood impressions of these islands and the stories of romance and adventure with which he associated them at that time he will remember some of the most thrilling and delightful moments of his life. Growing older, he has drifted away from the pleasures of his early youth and has probably not lived over 'n his mind the experience of Robinson Crusoe for many years. And if he has he has put aside the thoughts as childish fancies, outside the bounds of reason and not to be considered in the day dreams of a mature mind. If he has learned more of these islands than was taught by the authors of interesting fiction he has probably believed that all the romance has gone out of the South Seas, that the tropical verdure has been replaced by cultivated lands and that commercialism has destroyed all that which so appealed to his imagination in youth. To those who have visited them within recent years the South Sea islands are still as rich in romance, if not in adventure, as in the days of which Stevenson wrote, and more beautiful than they have ever been painted by brush or pen. It is true there are no cannibals on the islands, nor pirates in the surrounding seas, but if one is searching for adventure it can easily be found, either in accompanying a pearl-living expedition to one of the numerous atolls (coral islands), climbing the gigantic peaks or exploring the mysterious caverns that extend to unknown depths beneath the mountains. Also a three months' cruise on a pearl



In the South Seas.

trader's schooner will afford ample opportunity for excitement and adventure.

Outside the principal villages on the larger islands, the islands themselves have undergone little or no change. Civilization has done little in the South Sea islands outside of putting in end to cannibalism, except to put more clothing on the natives who live in town and to erect a few buildings to mar the natural scenery.

Semi-civilized, yet retaining almost all their native simplicity, the natives are still the South Sea Islanders of a hundred years ago. They are still children of nature, although they are forced to obey the laws of the white nations which now rule them. Their simple nature has not rebelled against this invasion and they have gone on under the new order, living their easy-going lives as before.

One of the principal groups of the Australasian archipelago is the Society islands, and in this cluster is found the gem of them all, the pearl of the South Seas—Tahiti. Beautiful, as the artist's conception of the Garden of Eden, with a climate that is surprisingly temperate the year round, producing all the tropical fruits known to the world, there is probably not another spot on the face of the globe so favored by nature as Tahiti, the "Paradise of the Pacific." The shores of the island, fringed with cococonut palms, are surrounded by coral reefs which protect them from the heavy seas. High mountains shield the most densely populated side of the island from the trade winds, and over all looms Mount Orohena, towering 8,000 feet above the sea, and which, so far as is known, has never been scaled by man.

Want Fourth Marriage Annulled. Patchogue, N. Y.—Wed for the fourth time a week ago, Morton E. Jones, sixty-five, wants his marriage to Miss Ellen Lee, thirty-five, annulled.

Vaccinate 125,000 Pupils. New York.—With the approval of the priests in authority the health department will vaccinate 125,000 pupils in parochial schools here.

GET AFTER SUMMER PESTS

This is the Time to Wage War Against the Deadly Fly and the Annoying Mosquito.

Let us bear in mind that one of the prime objects of a spring cleanup is to eliminate the fly and the mosquito. When we are exercising our muscles and our ingenuity ridding our dwellings and neighborhoods of dust and filth, it will be worth our while to give these twin winged pests serious attention.

The first spring fly, of course, came some time ago, though she is still pleasantly modest and retiring. It is not reassuring, however, to reflect that the little insect is keeping carefully out of our sight and the reach of our swatters while she lays a few myriads of eggs, which presently will hatch out into a whole flying regiment of nuisances and disease-carriers.

The shy and unobtrusive mosquito is making the best use of her time for the same purpose. When the open season on human beings arrives she hopes to have a whole army corps of her progeny to lead to the attack.

Now is the time to get busy if we want to preserve ourselves from the pests a few months hence. The swatter and the kerosene can be fully as important household implements at this season as the broom and the scrubbing brush.

RINGWORM ITCHED TERRIBLY

1545 Alisquith St., Baltimore, Md.—"My children were afflicted with what they called ringworm of the scalp contracted from a house-cat they were playing with. The ringworm formed on their scalps about the size of a silver dollar and their hair fell out, leaving a round scale or crust on their scalps. Their hair fell out in round spots. There was terrible itching, and they scratched till the blood came. They were very fretful and could not sleep at night, and they were very cross."

"They were treated for several months with no improvement whatsoever. I was told they would never have any hair and would always be bald. Then I began using Cuticura Soap in connection with Cuticura Ointment and the first week I could see the wonderful remedies were doing all they were claimed to do and in six weeks' time they were entirely cured. They all have a beautiful growth of hair." (Signed) Mrs. Sadie Pollock, Jan. 1, 1913.

Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 32-p. Skin Book. Address post-card "Cuticura, Dept. L, Boston."—Adv.

Dr. Eliot on Education.

Dr. Eliot says: "The practise of England and America is literally centuries behind the precept of the best thinkers upon education." Is it not humiliating that an American is forced to make such an admission concerning our most vital American institution?

What can be done? How can this wasteful school system be speedily remedied so that it fills its real function and sends out into the world, boys and girls developed according to their individual talents as far as those talents permit? It is a big question, but in my next article, I propose to outline a rational, practical system of public education which will serve those ends.—Pictorial Review.

FORCED TO EAT CRUSHED ICE

And Was Not Even Allowed Privilege of Sitting Up, but Finally Wins Out.

Kaplan, La.—Mrs. Casamear Burkhardt, of this town, gives out following for publication: "I feel that I owe my life to Cardui, the woman's tonic. I was married last April, and was in fairly good health. Shortly after marriage my health began to fail, and for three long months I was threatened with serious sickness."

I passed most of my time in bed, with a nurse at my bedside. At last, I was told an operation was necessary. I was so weak I could retain nothing on my stomach but crushed ice, and was not even allowed to sit up in bed.

A friend of mine advised me to use Cardui, the woman's tonic, and they got a bottle for me, as a last resort.

After taking Cardui for one week, I was able to be up in my room. After continual use for two months, I was in perfect health, and could do all of my work without tiring.

I take an occasional dose of Cardui and Black-Draught now, to keep my system in good condition.

Several of my friends are using Cardui with good results. I am never without it in the house."

There's a bottle of Cardui waiting for you at your nearest druggists. Get it and begin taking today. You will never regret it.—Adv.

Benefit of the Best Light.

We should be as generous with a man as we are with a picture, which we always give the benefit of the best possible light.—Ralph W. Emerson.

Let's Have a Porch Party with

WRIGLEY'S SPEARMINT



It's the ideal offering to guests or family, especially after dinner. It's the hospitality gum—so perfectly packed that it stays perfectly fresh and clean.

It costs almost nothing but people like it better than much more costly things.

It relieves all "over-eaten" feelings—refreshes the mouth—cleanses the teeth beautifully.

Chew it after every meal.

EVERY PACKAGE TIGHTLY SEALED!

Remember—the new seal is airtight and dust-proof! It's the best gum in the best package.

Be SURE it's WRIGLEY'S. Look for the spear.

A Pre-Established Harmony. "Mr. Brown's started his garden. I saw him planting his seeds this morning."

"That reminds me; it's time I turned the chickens loose."

SUCCEEDS IN CANADA

An interesting and successful American farmer, Lew Palmer, of Stavely, Alta., passed through the city today. Mr. Palmer came from Duluth, Minn., just ten years ago, and brought with him four cows and three horses—and that was his all. He homesteaded in the Stavely district, and today has 480 acres of land, \$3,000 worth of implements, 34 Percheron horses, made \$1,000 out of hogs last year, raised 7,000 bushels of wheat, 6,000 bushels of oats, 12 acres of potatoes, and 18 tons of onions. His farm and stock is worth \$30,000, and he made it all in ten years.—Exchange.—Advertisement.

Mysteries of Complexion.

"She has a fine complexion."

"And she gives every man who kisses her a little of it as a souvenir."

Important to Mothers

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it

Bears the Signature of *Dr. J. C. Fitch* In Use For Over 30 Years. Children Cry for Fletcher's Castoria

Under woman suffrage in Australia hundreds of improvements have been made in laws.

LADIES CAN WEAR SHOES

One size smaller after using Allen's Foot-Paste, the Antiseptic powder to be shaken into the shoes. It makes tight or new shoes feel easy. Just the thing for dancing. Refuse substitutes. For FREE trial package, address Allen S. Olmsted, LeRoy, N. Y. Adv.

Some men don't need money in order to spend it.

Female clerks in the British postal service receive only half as much as the male clerks.

Be happy. Use Red Cross Bag Blue; much better than liquid blue. Delights the laundress. All grocers. Adv.

It's much easier to borrow trouble than to get rid of it.

DAISY FLY KILLER



placed anywhere, attracts and kills all flies, house flies, or venereal mosquitoes, etc. Kills all insects. Made of metal, can't be tipped over, will not set on fire, anything guaranteed effective. All dealers or direct orders paid for \$1.50.

W. N. U., Oklahoma City, No. 23-1914.

Whenever You Need a General Tonic Take Grove's

The Old Standard Grove's Tasteless chill Tonic

Is Equally Valuable as a General Strengthening Tonic, Because It Acts on the Liver, Drives Out Malaria, Enriches the Blood and Builds Up the Whole System.

You know what you are taking when you take Grove's Tasteless chill Tonic, as the formula is printed on every label, showing that it contains the well-known tonic properties of QUININE and IRON. It has no equal for Malaria, Chills and Fever, Weakness, General Debility and Loss of Appetite. Gives life and vigor to Nursing Mothers and Pale, Sickly Children. A True Tonic and Sure Appetizer. For grown people and children. Guaranteed by your Druggist. We mean it. 60c.

HAD SEVERE HEADACHES SEVEN YEARS

I had been subject to severe headaches for about seven years. My head would ache so badly at times that I could scarcely stand it. Doctors seemed to be unable to give me relief, though I tried several of them, and took many kinds of headache medicines and tablets. About a month or six weeks ago I tried Hunt's Lightning Oil, which gave me almost instant relief, and I am glad to say that I have been entirely free from those dreadful headaches since. From my own experience I can say that Hunt's Lightning Oil is without an equal as a reliever of pain, and I only wish that I had used it several years ago.—MRS. W. T. PEXON, Sherman, Texas.

Sold by all druggists everywhere or by mail direct from A. B. RICHARDS MEDICINE COMPANY Sherman, Texas

Death Lurks In A Weak Heart

If Yours is fluttering or weak, use RENOVINE. Made by Van Vleet-Mansfield Drug Co., Memphis, Tenn. Price \$1.00